



40. Brockenlauf 2010

Ilseburg / 04.09.2010

Detailed evaluation

Prazynski, Joachim

Club: Ronnenberg/Empelde

Number: 270

Course: 27.00 km

Brockenlauf

Category:

Männer M60

Total time: 2:30:13

Speed: 10.78 km/h

Running performance: 5:34 min/km

Rank in course/Total: 191 (of 403)

Rank in course/Men: 179 (of 355)

Best time in course: 1:44:00

Rank in category: 4(of 17)

Best time in the category: 2:13:16

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Hermannsklippe	9.00	57:54	6:26	4	8:01	213	18:46	9.00	57:54	6:26	15		179	18:46
Brocken	3.00	28:52	9:37	4	3:38	189	10:05	12.00	1:26:46	7:13	15		179	28:24
Finish	15.00	1:03:27	4:13	4	5:57	145	17:49	27.00	2:30:13	5:33	4	16:57	179	46:13